



We are pleased to offer this free workshop for grieving adults in partnership with Windsor Professional Centre:
WITH FREE CHILDCARE

Navigating Grief & Loss

Developing Resilience



WINDSOR
PROFESSIONAL CENTRE

This group assists adults who have experienced major loss from death, divorce or other life events to understand their grieving—and learn strategies to build resilience and go into the future with hope.

In a supported environment participants will be strengthened through the sharing of their different experiences of grief—and learn proven strategies on how to help themselves and their families cope and grow.

Wednesday 19th September 2018—6.30-9pm

At: Richmond Community Services Inc.
Neighbourhood Centre, 20 West Market St
Richmond, NSW 2753

BOOKING ESSENTIAL
Call 4588 3502 or email
admin@rcsi.ngo.org.au
...making a difference...

